01

Guide to Gold

A mechanics guide for Iron, Bronze and Silver players.



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01

Core thesis

From Iron to Silver, the variable that decides most matches is **duel win rate**. Players in this range are close to each other in strategy, comms and agent knowledge. What separates them is who wins the fights.

Winning fights comes down to mechanics, so this guide asks for one focus: **mechanics**. Agents, economy and map control still matter; at this rank, an hour on mechanics simply returns the most. The rest moves up the list later.

SCOPE

This is the most efficient starting point for reaching Gold, not the only route. If you can't win a gunfight, which agent you play is a secondary question.

02

What mechanics are

Mechanics have two parts: **aim** (mouse) and **movement** (keyboard). Each breaks down into sub-skills you train separately.

Breaking a skill into its smallest trainable unit is the core method. “Aim better” can't be practised. “Trace the edge of cover at head height” can.

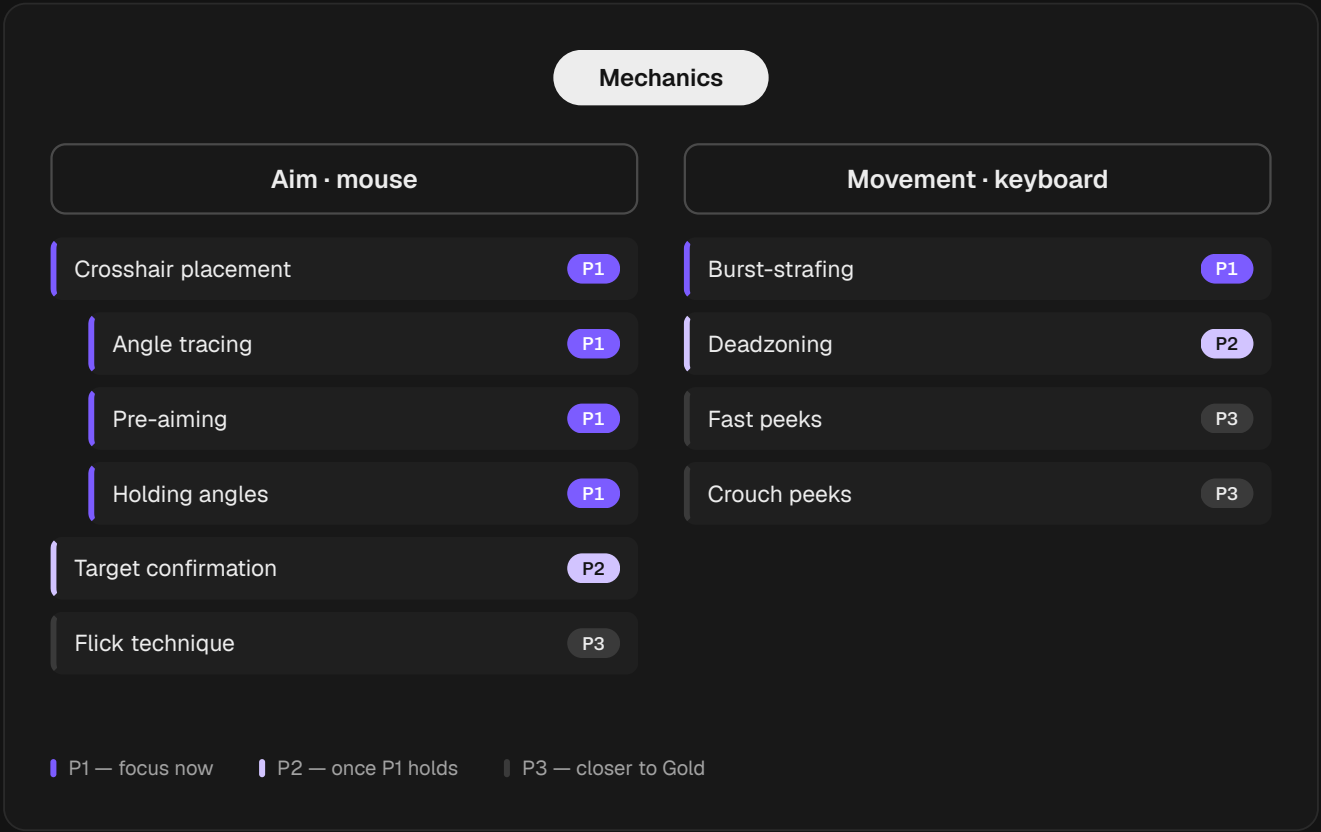


Figure 1 — The sub-skills of mechanics and their priority at this rank.

Terms

SKILL	DEFINITION	PRIORITY
Crosshair placement	Keep the crosshair at head height where an enemy will appear, before they appear. It cuts the mouse movement needed before a shot.	P1
Angle tracing	Slide the crosshair along walls and cover edges at head height while you move.	P1
Pre-aiming	Put the crosshair on an enemy's likely position before you peek a corner.	P1
Holding angles	Fix the crosshair where an enemy will first appear while holding, and set your distance from cover to match.	P1

Target confirmation	See the target before you fire. Cuts early shots taken on sound or guesswork.	P2
Flick technique	One fast movement to the target, then a small correction. Good crosshair placement means you need it less.	P3
Burst-strafing	Move → stop → short burst → move. VALORANT accuracy depends on velocity; shooting while moving costs it.	P1
Deadzoning	Fire the moment your velocity drops below the accuracy threshold, so the first bullet lands without waiting for a full stop.	P2
Fast peeks	Peek fast and wide to shorten the opponent's reaction window.	P3
Crouch peeks	Peek crouched; it changes your head height and breaks the opponent's pre-aim.	P3

03

Deliberate practice

Improvement starts with entering every session with a defined purpose. Matches played without one — autopilot — reinforce the habits you have instead of fixing them.

Rule: one primary focus per week, and every session that week serves it. Attention is limited; watch several skills at once and none of them gets enough reps.

The more specific the goal, the more clearly you can judge at the end of a session whether you hit it.

VAGUE GOAL	TRAINABLE GOAL
~~Aim better.~~	Keep my crosshair at head height on every corner entry in this DM.
~~Improve my movement.~~	Fully stop before every burst across 50 burst-strafe reps in the Range.
~~Play more aggressively.~~	Take at least 5 first engagements this match.

04

Stages of competence

Skill acquisition is often described with the four-stage competence model attributed to Gordon Training International. It separates whether you notice what you are doing from whether you can do it correctly.

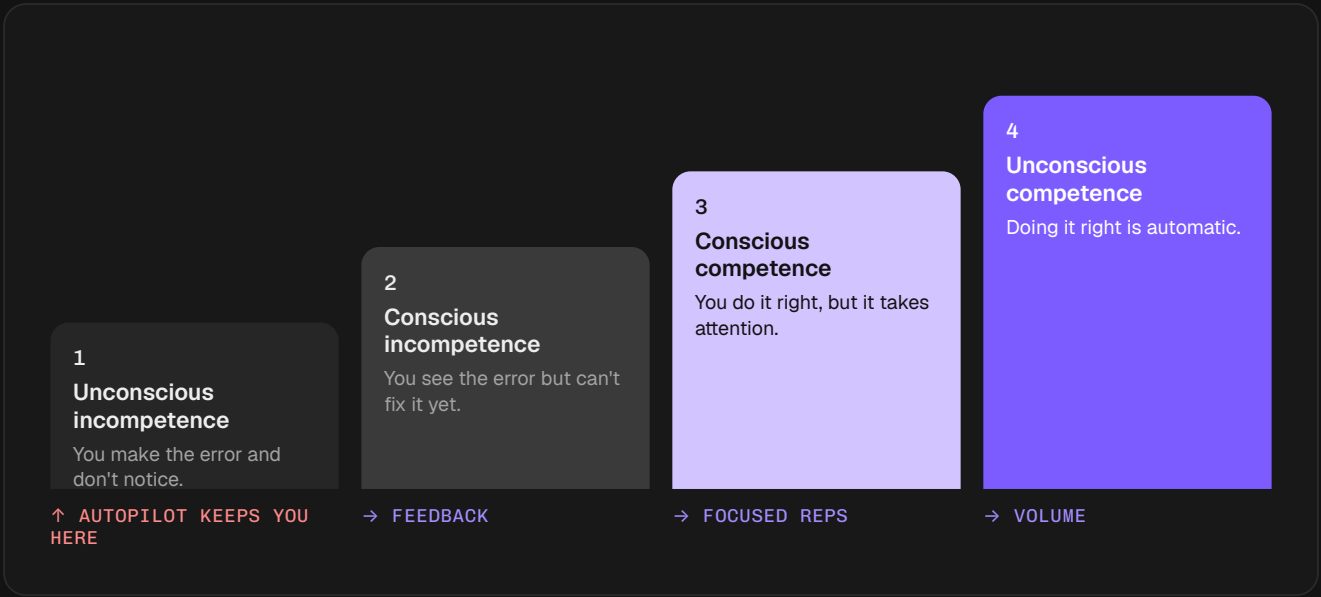


Figure 2 — The four stages of competence and what moves you between them.

Key distinction: reading this guide doesn't move you to stage two; it only tells you where to look. You reach stage two when you catch your own error in-game. The two tools that make that possible are the session goal (Section 3) and the post-death review (Section 6).

Stage three to four only happens through volume. That's why a skill stays the weekly focus until it holds.

05

Daily routine

Run it before every ranked session. About 45 minutes with the aim trainer, about 35 without.

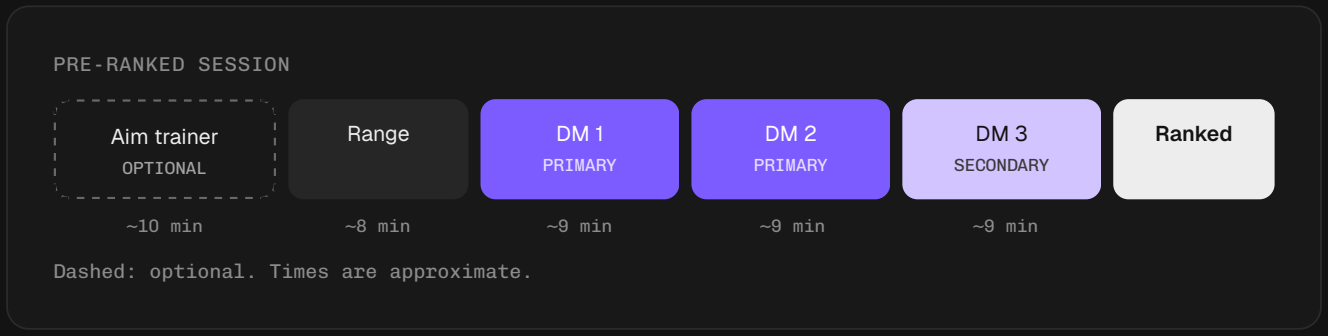


Figure 3 — Structure and rough time split of a warm-up session.

1 · Aim trainer (optional, 5–15 min)

- Play each scenario in the playlist once or twice at most.
- The goal is to warm up arm and wrist, not to chase scores. Overplaying tires you out before ranked.

2 · Range (5–10 min)

- **Aim:** stand still, short bursts on bots one after another.
- **Movement:** hit bots while burst-strafing.
- **Tracking:** track a bot's head while moving one way; then repeat, switching direction at random.
- Ready-made routine: G2 Valyn — Warmup Routine (2024), YouTube.

3 · Deathmatch (3 matches)

- **DM 1–2:** the week's primary focus (e.g. crosshair placement).
- **DM 3:** a secondary sub-skill (e.g. burst-strafing).
- Enter every match with a one-sentence goal. The scoreboard is secondary; sticking to the goal is the measure.

The KovaaK's playlist

CONTINIUM TacFPS Routine (Beginner)

Built by CONTINIUM for tactical FPS players

SHARE CODE

`KovaaKsTimewarping360Patrol`

	SCENARIO	SKILL TRAINED	RUNS
01	devTS Static Click Angelic Easy	Static clicking	2
02	Amare Planet Click	Clicking moving targets	2
03	1w3ts Pasu Perfected Micro Goated Larger	Micro-flicks	2
04	VT psalmTS Novice	Target switching	2
05	Valorant Peektrack Easy	Tracking peeking targets	2
06	e1se MicroTrack Easy	Micro-tracking	2
07	StaticSwitchingVox Entry	Static target switching	2

HOW TO ADD IT

In KovaaK's, open Playlists, choose to add a playlist by share code, paste the code above and save. Run the scenarios in order, twice each.

Example 4-week focus plan

WEEK	PRIMARY (DM 1-2)	SECONDARY (DM 3)	END-OF-WEEK CHECK
1	Angle tracing	Burst-strafing	Crosshair stays at head height on corner entries.
2	Pre-aiming + holding angles	Burst-strafing	First bullets are no longer fired while moving.
3	Burst-strafing	Target confirmation	Early shots on sound are clearly down.
4	Deadzoning	Crosshair placement (review)	Less delay between stopping and the first shot.

Expectations

Practised deliberately five days a week, this routine raises your duel win rate. Rank reflects how you play against your opponents, so the routine makes climbing **likely, not guaranteed**.

Progress isn't linear. A short dip while you consciously apply a new technique is normal: a slow new habit is replacing a fast old one. Don't change method on the basis of a few matches.

06

Post-death review

The habit that speeds up improvement most is one question after every death or round: **“What could I have done differently?”**

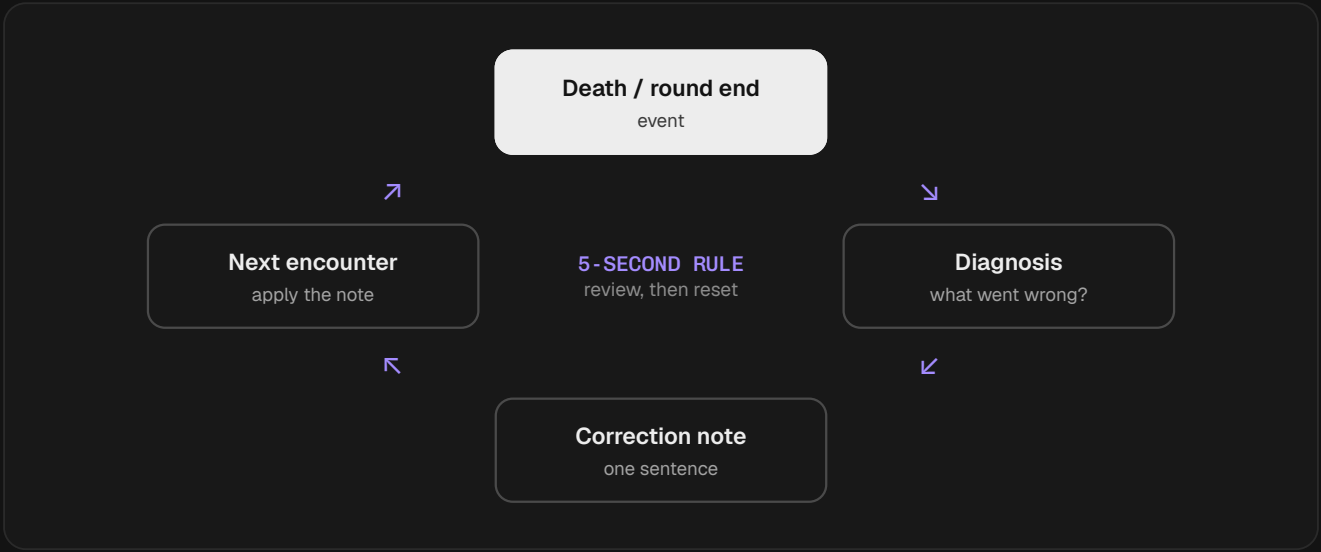


Figure 4 — The short feedback loop after every death.

Diagnostic questions

01 Was my crosshair in the right place, at head height?

02 Was I moving when I fired?

03 Could I have peeked from a better angle or with better timing?

04 Did I need to take this duel at all?

Why it works: naming an error in the moment makes it easier to recognise the next time. Either you recall the note or the situation just feels familiar; either way the decision comes earlier and is more accurate.

Keep it short: a few seconds per death is enough; then your attention goes back to the weekly focus. Long self-questioning isn't analysis, it's lost focus.

Recordings: if you can record, watch the first five deaths of one match each week. Patterns you miss in-game show up on replay.

07

Summary and checklist

- From Iron to Silver the highest return is in mechanics: aim and movement.
- Break every skill into its smallest trainable unit; P1 skills first.
- One primary focus per week; every session gets a specific goal, no autopilot.
- You reach stage two by catching your own errors in-game, not by reading.
- Pre-ranked routine: (aim trainer) → Range → 3 DMs.
- A short diagnosis after every death, then reset your focus.
- Stuck? Ask the community.

ASK THE COMMUNITY

Ask anything you're unsure of in the question channels of the CONTINIUM Discord. Fixing a habit early is far cheaper than removing an established one later.

Pre-ranked checklist

- [ ] Is this week's primary focus written down?
- [ ] Does this session have a one-sentence goal?
- [ ] Is the Range warm-up done?
- [ ] Were the 3 DMs played to the focus split?
- [ ] Do you remember the post-death questions?

See you in the next-tier guide.

Want a plan built on your own gameplay? **Arcon** coaches review your VOD one-to-one — continium.gg/arcon